When Someone You Know Has Dementia

Professor June Andrews
When Someone You Know Has Dementia
Practical Advice for Families and Caregivers

June Andrews, international dementia expert and author, provides sensible advice to caregivers, families, and people directly affected by dementia.

MAY 30, 2016 • 7:00–8:30 PM
London Public Library, Central Branch
Stevenson & Hunt Room • 251 Dundas St., London

No registration required
Presentation followed by Q&A
Booksales by The Bookstore at Western

foreword by Dame Judi Dench

“Sensible, trustworthy advice.”
Mary Schulz, Alzheimer Society of Canada

London Public Library
Greystone Books
Alzheimer Society

London and Middlesex
Who is June Andrews?

- Nurse
- Writer
- Policy activist
- Dementia specialist
- Professor Emeritus specialising in the public understanding of Dementia
The “leaf model” – what keeps people with dementia above the line?
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What is the problem in dementia?

• Impairment of memory
• Impairment of reasoning
• Impairment of learning
• Increase of stress
• The normal changes of ageing but at the same time as a reduced capacity to deal with them
Symptoms vary at a different rate from underlying pathology

<table>
<thead>
<tr>
<th>EXAMPLES OF SYMPTOMS</th>
<th>EXAMPLES OF DISEASES</th>
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<tbody>
<tr>
<td>Agitation and anxiety</td>
<td>Alzheimer’s disease</td>
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<tr>
<td>Unintended weight loss</td>
<td>Vascular disease</td>
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<tr>
<td>Memory difficulties</td>
<td>Lewy body disease</td>
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<tr>
<td>Repetitive vocalisation</td>
<td>etc</td>
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<td>etc</td>
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<tr>
<td>SYMPTOMS</td>
<td>PATHOLOGY</td>
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<td>Lots you can do....</td>
<td>Not a lot you can do...</td>
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The symptoms are “dementia”

<table>
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<tr>
<th>EFFECT of intervention ON SYMPTOMS</th>
<th>EFFECT of intervention ON PATHOLOGY</th>
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<tbody>
<tr>
<td>Reduced symptoms</td>
<td>ZERO (possibly)</td>
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<tr>
<td>Reduced “dementia”</td>
<td></td>
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<tr>
<td>Reduced “carer burden”</td>
<td></td>
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<td>Reduced “cost of care”</td>
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<td>? Better life experience?</td>
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</table>
Behavioural problems of greatest concern

- Agitation and anxiety
- Aggression
- Depression
- Hallucination
- Sleeplessness
- Wandering
10 Helpful hints for carers

Practical solutions for carers living with people with dementia
Helpful Hints for Dementia
Design at Home

Practical design solutions for carers living at home with someone who has dementia
Traditional heating systems can be preferred for familiarity, however underfloor heating should be considered to increase usable floor area. Any radiator must have low surface temperature.
International Standards

- Research involving people with dementia
- Extrapolation from sensory and physical impairment
- International consensus
Telecare and dementia
Using telecare effectively in the support of people with dementia
Stress and distress

• Stress can quickly develop into distressing behaviour
• The importance of understanding emotions
• How you can step into someone else’s world
• The importance of understanding their beliefs and thoughts
Causes of distress

- Ageing senses
- Delirium
- Depression
- Pain
- Medication
- Environment
Hints on those behavioural problems of greatest concern

• Agitation and anxiety
• Aggression
• Depression
• Hallucination
• Sleeplessness
• Wandering
You can ask me any question

• [profjuneandrews@icloud.com](mailto:profjuneandrews@icloud.com) email me!

• [www.juneandrews.net](http://www.juneandrews.net) look on my website

• [www.dementia.stir.ac.uk](http://www.dementia.stir.ac.uk) get things from the DSDC website
And if the answer is not in the book